

Take 5 Senses

Sometimes, when we are feeling anxious, it can help to focus our attention on what's happening around us, until we feel calm again. Distracting ourselves can give our brain and body time to calm down.

When we are calm, we feel better, are healthier, and can make better choices about we say and do.

Below are the steps for a W4C Take 5 Senses activity:

- 1. Take a deep breath in through your mouth, for four counts. Breathe out through your nose, for four counts.**
- 2. Take another two deep breaths in and out.**
- 3. Now, look around you. Focus on what's close to you.**
- 4. Take a deep breath in and out, and name five things you can see.**
- 5. Take another deep breath in and out. Now, name four things you can hear.**
- 6. Take another deep breath in and out. Now, name three things you can physically touch or feel (such as the ground you are sitting on, the clothes on your skin, or wind on your face).**
- 7. Take another deep breath in and out. Name two things you can taste.**
- 8. Take a last deep breath in and out, and name one thing you can smell.**
- 9. Repeat this again, with a new list, until you start to feel your body calm down.**

Remember, you can do the Take 5 whenever and wherever you need to, to help you and your friends and family to feel calm and strong and be bananas!

